

Emotions – Power or Pain?

Our fast paced and media driven society has created much confusion and personal imbalance in the area of our emotions. In this workshop the true role and gift of emotions will be addressed. You will learn what emotions are and why we have them. You will discover how few emotions we really do have and how to work with them for the gift of balance they are rather than letting them take over our lives. This seminar will create a positive change to your internal life that will have lasting effects.

Virginia Dunstone

WORKSHOP SESSION III

Managing Your Life When Life Gives You Lemons...

Whether it's a job you don't like, a relationship that's making you crazy, the never-ending list of things-to-do that's stressing you out, or the loss of something precious to you -- some days it can be tough to find the energy to get going.

But strong morale is critical to our health, our happiness, and our success.

Learn what you can do to get through the tough times...find hidden opportunities...recognize the veiled rose among the thorns...and make lemonade!

Laurie Richards, Laurie Richards & Associates, Inc., Hackettstown, NJ

Making A Difference

Are you pursuing your calling? Have you identified what passion or commitment is important to you, your family and your community? Identify what it takes to make a real difference and bring about real change either within your work place or your community.

Ladonna Lee

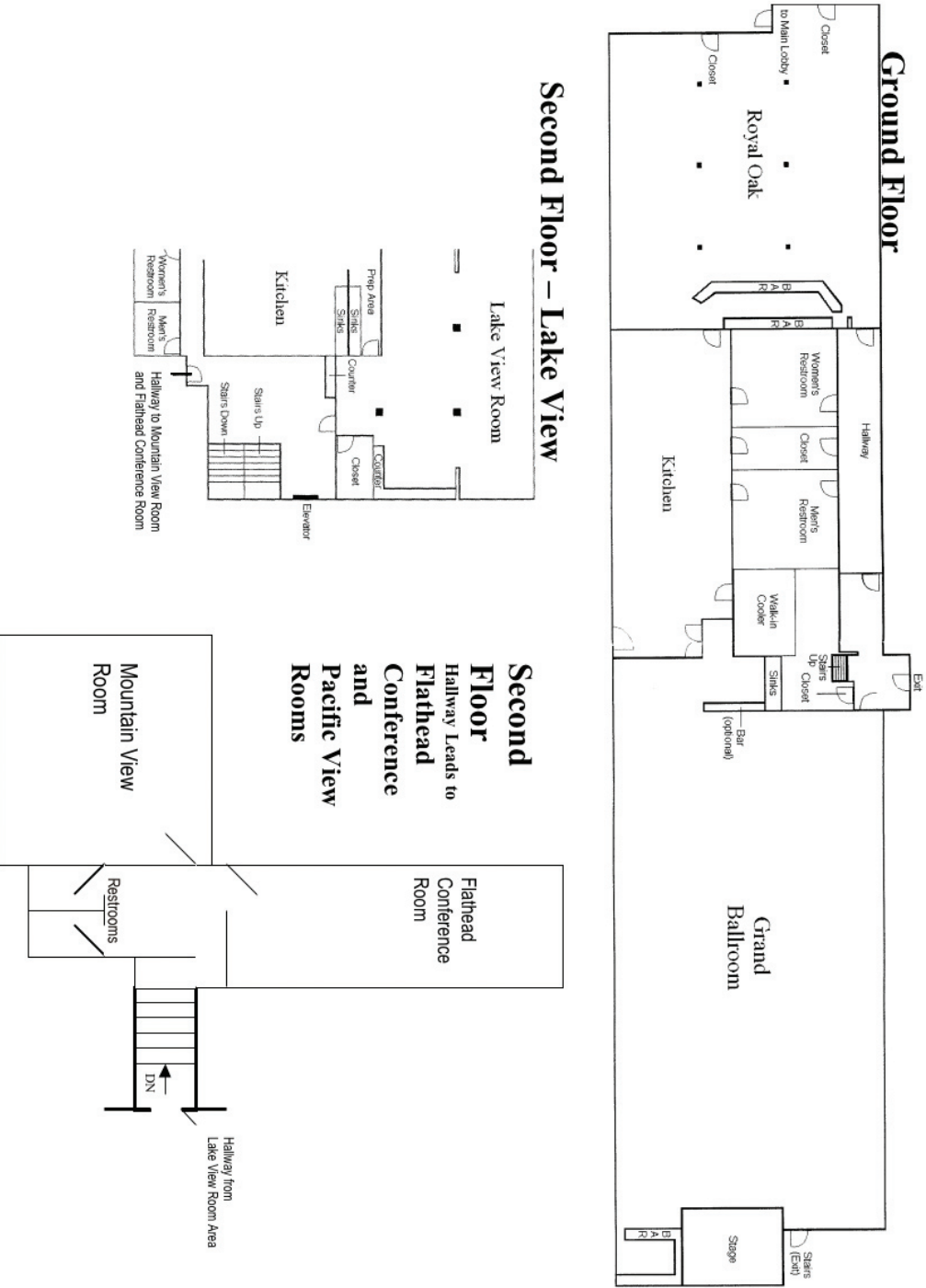
Calming Cranky People

Cranky people are CRANKY because it works for them! They push your buttons, challenge you, bark orders or clam up and avoid you. In this session, you will laugh and LEARN what to do to calm cranky people. LEARN what the two primary beliefs of a cranky person are and how to handle them with confidence, credibility and composure.LEARN specific techniques to defuse the cranky behavior based on personality style. LEARN that anger is not an emotion and we can change how we react or respond to cranky people. In this session we will have fun, laugh and learn some serious skills that will empower you when dealing with those cranky people.

Gerry Grinold, Nex Step Solutions, Inc., Charlotte, MI



FLOOR PLAN



SENATOR CONRAD BURNS

AT&T • Blue Cross & Blue Shield of Montana • Corning, Inc.
Delta Airlines • Fannie Mae • Kerr-McGee Corporation • Lockheed Martin
MDU Resources • Microsoft • Montana Credit Union Network •
National Association of Broadcasters
National Association of Federal Credit Unions • Northwest Airlines
Plum Creek Timber • Qualcomm • Siemens Corp.

WELCOME YOU TO



Thursday, July 29, 2004
Best Western White Oak Grand
Kalispell, Montana





CONFERENCE AT A GLANCE

7:30 a.m.	Registration	Conference Center Foyer
8:15 - 9:15 a.m.	Opening Session Welcome: Senator Conrad Burns Keynote Address: Judy Martz	Grand Ballroom
9:30 a.m.	Workshop Session I Manage Your Morale When Life Gives You Lemons... <i>Laurie Richards</i> Leadership Traits <i>Ladonna Lee</i> Finding 100% of Yourself <i>Virginia Dunstone</i> Calming Cranky People <i>Gerry Grinold</i>	Lakeview Mountain View Royal Oak Flathead Business Conference Room
10:30 - 11:15 a.m.	Resource Area Break	Lobby, Grand Ballroom area
11:15 a.m.	Workshop Session II Put Your Own Oxygen Mask on First <i>Laurie Richards</i> The “Stress Less-Live More” Repair Kit <i>Gerry Grinold</i> Leadership Traits <i>Ladonna Lee</i> Emotions – Power or Pain? <i>Virginia Dunstone</i>	Lakeview Flathead Business Conference Room Mountain View Royal Oak
12:15 - 1:30 p.m.	Luncheon Keynote Address: Elaine L. Chao, Secretary, U.S. Department of Labor	Grand Ballroom
1:45 p.m.	Workshop Session III Managing Your Morale When Life Gives You Lemons... <i>Laurie Richards</i> Making A Difference <i>Ladonna Lee</i> Calming Cranky People <i>Gerry Grinold</i>	Lakeview Mountain View Royal Oak
3:30 - 4:15 p.m.	Closing Session Virginia Dunstone and Senator Conrad Burns	Grand Ballroom

KEYNOTES



Judy Martz

Opening Keynote Address

Judy Martz

Judy Martz currently serves as Montana’s first female Governor. She was born in Big Timber, graduated from Butte High School, and attended Eastern Montana College. She competed in the 1964 Olympic Games as a part of the U.S. Olympic Speed Skating Team Her successful small business has thrived for thirty years, which she runs in conjunction with her husband Harry Martz. Governor Martz was able to bring her vast experience as an athlete, businesswoman, parent and wife to politics in the 1990s, and has shown us all the important role women play in Montana politics.

Luncheon Keynote Address



Elaine L. Chao

Elaine L. Chao, Secretary, U.S. Department of Labor

Secretary Elaine L. Chao immigrated to America at the age of 8, and has since made an indelible mark on this country. She has served at home and abroad, and has held such varied posts as the Director of the Peace Corps, where she expanded the program into the Baltic nations. She also served as the President and Chief Executive Officer of the United Way. Through her various positions in the federal government at the U.S. Department of Transportation and her private-sector employment experience with BankAmerica Capital Markets Group and Citicorp, Secretary Chao’s unique experience has been beneficial to the Department of Labor. She received her M.B.A. from Harvard Business School, and graduated from Mount Holyoke College, and is married to the Assistant Majority Leader of the United States Senate, Senator Mitch McConnell of Kentucky.

WORKSHOP SESSION I

Managing Your Life When Life Gives You Lemons...

Whether it’s a job you don’t like, a relationship that’s making you crazy, the never-ending list of things-to-do that’s stressing you out, or the loss of something precious to you -- some days it can be tough to find the energy to get going. But strong morale is critical to our health, our happiness, and our success. Learn what you can do to get through the tough times...find hidden opportunities...recognize the veiled rose among the thorns...and make lemonade!

Laurie Richards, Laurie Richards & Associates, Inc., Hackettstown, NJ

Leadership Traits

Can you identify those principles and traits that give you or others you work with the capacity to lead the charge? Many of our leadership traits are developed as we interact within our families and develop our sense of self. Explore how to recognize and hone your leadership strengths and those of your children and colleagues as you work within organizations and relationships. Understand the resistance and challenges to leadership.

Ladonna Lee

Finding 100% of Yourself

Most people experience only 10-20% of their potential. Internally they long for something more in their lives and yet in our society we are rarely given the tools needed to find the path to the remaining 80% of our power. This workshop will guide you to the path of your total personal power and will show you how simple, peaceful and rewarding a life of 100% can be. As a result of this seminar you will live at 100% on a daily basis.

Virginia Dunstone

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Gerry Grinold, Nex Step Solutions, Inc., Charlotte, MI

WORKSHOP SESSION II

Put Your Own Oxygen Mask on First

...if you don’t, you won’t be able to take care of those you love!

Do you find yourself taking care of others instead of yourself?
Do you have trouble saying “No” when you know you should?
Do you ‘put up’ with things that inconvenience or hurt you?
Do you sometimes feel like others don’t listen to – or understand you?

Then, this session is for YOU!

It’s time to stand up – have some fun – and reach for YOUR life-line!

Laurie Richards, Laurie Richards & Associates, Inc., Hackettstown, NJ

The “Stress Less - Live More” Repair Kit

Do we stress each other and ourselves? WHATEVER! Would you like to move stress away from you? WHATEVER! This informative session sheds light on how you can stress less and enjoy more of your life. WHATEVER! You will learn strategies and skills for managing your stressors so that you become more effective and efficient. WHATEVER! Discover how you can master your responsibilities and still have a life. WHATEVER! WHATEVER! WHATEVER! See you there. WHATEVER!

Gerry Grinold, Nex Step Solutions, Inc., Charlotte, MI

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Ladonna Lee